DINNER
PLATE BACK

WORKOUTS

Dinner Plate Back

OVERVIEW | COMMENTS



Russel Orhii
Powerlifter & bodybuilder

LENGTH
4 weeks



Timer

1. **DB Rows** — 2 sets
   15-15 reps

2. **Barbell T-Bar Row** — 4 sets
   12-10-8-6 reps

3. **Wide Grip Lat Pulldown** — 4 sets
   10-10-10-10 reps

4. **Close Grip Lat Pulldown** — 4 sets
   10-10-10-10 reps

5. **Close Grip Cable Rows** — 3 sets
   12-12-12 reps

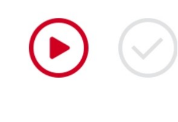
6. **Row Machine** — 4 sets
   10-8-6-4 reps

7. **Hammer Curls** — 4 sets
   10-10-10-10 reps

8. **Spider Curls** — 4 sets
   12-12-12-12 reps

9. 

   Wrist Curls
   20 reps







Swipe to complete